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Where to Find Eco-Friendly Ergonomic Pillows | Earth911.com


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The mattresses and pillows we sleep on all night affect how we feel all day. If you have suffered whiplash or have abnormal spinal curvature, you should consult with your doctor about the best pillow for your condition. But for the rest of us suffering from routine aches and pains, many of the greenest pillows on the market are also available in ergonomic designs.

Whether they are labeled ergonomic, orthopedic, chiropractic, contour, or cervical, here are the most eco-friendly pillows we could find for people with neck and back pain.

Holy Lamb Organics

Number two on our list of sustainable pillow companies, Holy Lamb Organics does everything a little bit differently. So you won't find the standard scoop-shaped contour pillow here. But they do sell a neckroll pillow (a certified organic version is available, too) and a uniquely designed segmented orthopedic neck pillow. Developed in partnership with a chiropractor, the thin central channel has a neck bolster on each long edge. One bolster is thicker than the other, giving two options for neck support. The stuffing is Eco Wool, making this a perfect choice for people who find memory foam too hot.

